**Frequently Asked Questions**

**Who is Skin Accumax**™ **for?**

Regardless of whether you’re only occasionally unhappy with your skin, or if you have ongoing concerns you can take Skin Accumax™.  It’s suitable for males and females, as long as you’re over the age of 16.  It has been specially designed to address ALL levels of problem skin.

**How soon will I see results?**

This will vary from person to person however we recommend that you initially take Skin Accumax™ for at least 14 weeks. Most people will start to see results by then, and skin may continue to improve with continued use.

**How long should I take Skin Accumax for?**

Once your skin has regained its balance, you can discontinue taking Skin Accumax™. The results achieved are likely to be long-lasting, but if the problem recurs then you can start taking the supplements again until your skin concerns have been addressed.

**Do I need to tell my doctor/dermatologist?**

If you are under medical supervision for any condition, you should always tell your doctor that you’re taking any type of supplements.

**Can men take Accumax?**

Anyone over the age of 16, male or female can take Skin Accumax™.

**Is there anyone who can’t take it**?

If you’re breastfeeding, pregnant or planning a pregnancy or taking prescription medication containing retinoic acid or tretinoin, then Skin Accumax™ won’t be suitable for you. If in doubt, please ask your doctor.

**What happens if I forget to take it?** Just continue taking the recommended daily dose as normal, there is no need to compensate for missed pills. It is okay to take all the capsules in the evening if you forget in the morning.

**Are there any additives**? Skin Accumax™ has no added dairy, yeast, artificial colourings or flavourings and no wheat or gluten-containing ingredients. We only add ingredients that help to protect and encapsulate the nutrients.

**Can I take it with another multivitamin?**

The Recommended Daily Dose (RDA) reflects the minimum levels of nutrients to stay healthy. The Upper Safety Limits are much higher and are listed below. We recommend taking a multivitamin as long as it doesn’t exceed these levels when combined with Skin Accumax™.

* Vitamin E 300mg
* Vitamin C 1000mg
* Vitamin A 3000 mcg

*Advanced Nutrition Programme*™ *products are not intended to diagnose, treat, cure or prevent any disease.*